

STRATHAM RECREATION COMMISSION	STRATHAM, NEW HAMPSHIRE				
PROGRAM OR ACTIVITY:		FEE:	CK	CASH	
PARTICIPANT REGISTRATION AND INFORM	<u>MATION: (please pri</u>	nt)			
NAME:	NI	CKNAME:		_M F	
	TELEPHONE:				
DATE OF BIRTH: AGE:					
PARENT/GUARDIAN:	WORK PHO	NE:	CELL:		
OTHER PARENT:					
If you want to receive recreation notices on upcoming	g events, please give us	your e-mail address:			
MEDICAL HISTORY:					
Family Physician:	Phone:	Insurance Car	rier:		
Does this child have any medical conditions, allergie or past injuries, fears, diabetes, bleeding disorders, so which may affect their participation in the above stat plain:	eizure disorders, respira	tory illness, or any other	er significant	medical condition	
Allergies: Asthma:	Physical Limitations:				
Other (Please explain)					
Emergency Medication: Epi-Pen Inhaler Antihis (Parent or adult emergency contact will be responsible)					
List any regular prescription and non-prescription me	edications:				
Does Child wear Glasses? Yes No Conta	act Lenses? Yes	No Date of	Last Tetanus	:	
EMERGENCY TREATMENT AUTHORIZATION	ON:				
I/we the undersigned parents (s) or guardian (s) of _emergency and in my absence, the administrators, statemergency medical or dental treatment at any hospitar reached at the above listed address/phone numbers, p	al, dental or emergency	, hereby a rated with this program, care center. If there is	nuthorize that to act as my a an emergency	in case of agent and seek y and I cannot be	
EMERGENCY CON- TACT:PHO who is authorized to act in my/our behalf.	ONE:R	ELATIONSHIP:			
ACKNOWLEGEMENT, DISCLOSURE, AND S	IGNATURE:				
I/we the undersigned parent (s)/guardian (s) of the all above stated program. I/we agree not to hold the Too or its Administrators, Staff, Counselors, Coaches, Chany capacity liable or responsible in any way for persaid child's participation in the program.	wn of Stratham, its Rec haperones or any other	reation Commission, So volunteers and/or agents	electmen, Pro s associated w	gram Committee vith the program in	
I/we have read, understand and agree to the above ten information relative to my child's participation.	rms and conditions of the	nis registration, and hav	e fully disclo	sed all pertinent	
Signature:					

Stratham Parks & Recreation Department

10 Bunker Hill Ave., Stratham, NH 03885

Office: (603) 772-7450, Fax: (603) 775-0517 Office Hours; Monday-Friday, 8:30 a.m.-12 p.m., and 1 p.m. to 4:00 p.m. Email: Strathamrecreation@comcast.net

General Information

HOW TO REGISTER:

- Registration Forms are available at the Stratham Recreation Department.
- Registrations are accepted for all programs through the mail or in person at the Stratham Recreation Department. We do not accept registrations by phone.
- Registrations are accepted on a first come, first serve basis with payment. Some programs have limited enrollment, so early registration is encouraged.

FEES AND PAYMENT:

- Program fees are printed at the end of each program or course description
- Payment must be made in full at the time of registration or mailed in with your registration form.
- We can only accept a check or cash for payment. Checks should be made payable to: Stratham Recreation Department

REGISTRATION DEADLINES:

- The registration deadline for all programs is the start of the program, unless otherwise stated in the brochure. Registration forms must be in prior to the start date of the printed deadline to insure that the program will have adequate numbers to be offered.
- Program registration will close when a program has limited enrollment and reaches its maximum number. Also, no program registration will be accepted after the second meeting of a program or course unless permission with the Instructor/ Recreation Director is granted.

CONFIRMATION & NOTIFICATION:

- We do not send confirmation notices. We will notify you if a program is cancelled or changed.
- If you have sent in a completed registration form with payment, prior to the program deadline, you should consider that the participant is enrolled.
- If a program has limited enrollment and is filled, you will be notified and placed on a waiting list.

CANCELLATION POLICY & REFUNDS:

- The Stratham Recreation Department reserves the right to cancel or consolidate any program or course that does not meet minimum participation numbers.
- Requests for refunds must be in writing to the Program Coordinators or Recreation Director for approval.

PROGRAM BROCHURES & LISITINGS:

- Brochures and newsletters are printed seasonal (Summer Brochure, Fall Newsletter, Fall/Winter Brochure, Spring Newsletter).
- The brochures and newsletters are distributed through the SMS & CMS.
- Public Press Releases can be found in the Exeter News Letter, Atlantic News, & Carriage Towne News.

RESIDENTS:

- You will notice that there are fee differences for Residents & Non-Residents.
- Residents are those who live in, or pay taxes in the Town of Stratham. Proof of residency may be required.
- Resident & Non-Resident prices may vary.

SPECIAL NEEDS:

• If there are special needs required for any of our programs, please contact the Stratham Recreation Department one week prior to the scheduled event at (603) 772-7450.

Recreation Department Staff

Tara Barker, Recreation Director

Kim Woods, Park Ranger

Recreation Commission Members

Tracy-Lynn Abbott, Co-Chair Stephanie Ilberg-Lamm, Co-Chair Claire Ellis, Treasurer Eileen Bischoff, Secretary Alison Pike, Sports Liaison Shelly Browne, Alternate Jan Henderson Thomas Haslam Alison Crosby Kevin Peck

INFORMATION RIGHT AT YOUR FINGER TIPS!!

WWW.WIGGINML.ORG & WWW.FACEBOOK.COM

You can find information about:

- New registration dates/schedules
- Brochures/Flyers/Newsletters
- General Recreation Information

This is the Town of Stratham's Website, scroll down the page until you see Town Government. You will see the Registration Form.

NOTE: THE SCHOOL IS NEITHER ENDORSING THE ACTIVITES NOR DISCOURAGING PARTICIPATION.



MIXED BAG

<u>WINTER BINGO</u> Winter Got You & Your Child Kind of Blue?

Leap into the New Year by playing "Beat the Blues Winter Bingo". Each child will receive a bingo card. IN each square, there is an activity that can be completed to create fun for the whole family. The goal is to get 5 squares in a row, line or diagonal. When you have "Winter Bingo" return the Bingo card to the Recreation Department. Your card will be put in a drawing for unique prizes.

You can find a card on the back side of this brochure or you can pick a card up at the Recreation Department on or after January 2, 2010.

This program will run from February 1-29, 2010.

Cost: FREE

Ages: Grades K-12

Notes: This program is mean't to promote a healthy & happy lifestyle (even in the winter) for all ages.

Lets Get Outside!



YOUTH BASKETBALL FOR GRADES 1-6

> REGISTRATION NIGHTS

WEDNESDAY, OCTOBER 6 & THURDAY, OCTOBER 7 7:30-8:30 PM MUNCIPAL BUILDING

WATCH FOR MORE INFORMATION!

WATCH FOR THE VERY POPULAR JUMP ROPE CLUB IN JANUARY 2010

GOLF LESSONS BY THE FIRST TEE OF NH



The First Tee of New Hampshire's program offers unique and fun

learning opportunities for young people from ages 8 - 17. The program utilizes the unique game of golf, and its core values and traditions, to teach values and life skills to young people of all backgrounds, especially those who might not otherwise ever have an opportunity to experience the game of golf. Participating children work on 9 Core Values: Sportsmanship, Confidence, Integrity, Perseverance, Respect, Responsibility, Judgment, Courtesy, and Honesty. In addition participants work on a progression of Life Skills (introducing oneself, goal setting) and golf skills (including set-up, putting, chipping, pitching, bunker shots, full swing, the rules of golf and etiquette). Over time, participants are encouraged to work through PAR,

Program Location: Sagamore Golf Course 22 North Rd. N. Hampton

BIRDIE & EAGLE levels of achievement.

PRE-REGISTRATION IS REQUIRED!

Par for 8 & up.....9:00-10:00 am......\$75 Sept. 8, 15, 22......only 4 participants

Birdie for 12-14 years old....3:30-5:30 pm...\$75 Sept. 9, 16, 23 Only 5 participants. Some golf experience necessary

Parent/Child—child must be 7 years old... 5:00-6:00 pm...\$75 with a donation from parent..... Sept. 10, 17, 24, Oct. 1, 8, 15.... Only 5 participants

Snag/Target for 5-7 years old....1:00-2:00 pm...\$30 Sept. 12, 19, 26....only 5 participants

Snag/Target for 5-7 years old....2:00-3:00 pm....\$30 Sept. 12, 19, 26....only 5 participants

Limited number of spots available. Please register early!!



TODDLER PROGRAMS

GYMBOREE PLAY & MUSIC

The SRD has teamed up with Gymboree OF Rye, NH to offer quality Gymboree, sport, music & art classes at an affordable price. Gymboree programs are specifically designed to help young children learn & develop as they play. Our classes also help you learn about your child-how to participate in and encourage his or her development-while enjoying the simple pleasure of playing together.

Program Location: Gymboree Play and Music

of Rye 150 Lafayette Rd. Rye, NH 964-3003

When: Wednesdays, Sept. 16-Dec. 11 (12 wks)
Cost of Programs: \$120 per Resident per class
\$135 per Non-Resident per class

Family Music...Get musical with the whole family through instruments, song, dance, games and more, while building a solid foundation of musical skills for everyone.

Ages: 0-5 years **Time:** 9:00-9:45 am

Music I....Discover melody, pitch and rhythm while building a repertoire of joyful songs.

Ages: 6 months-16 months **Time:** 11:00-11:45 am

Music II....Dance and sing to a new musical style each month including Latin, Rock 'n' Roll, Classical and more.

Ages: 16months-28 months **Time:** 10:00-10:45 am

Music III....Express your singing voice and emerging musical knowledge through rhythm, pitch, tempo and musical forms. Parent participation optional.

Ages: 28 months—5 years **Time:** 12:00-12:45 pm

TAP

This class explores Tap in a whole new way, students dance to many different styles of music while learning clean tapping. This class is great for rhythm and coordination.

PRE-REGISTRATION IS REQUIRED!

When: Session I: Fridays, Sept. 18-Nov. 20

(No Program Oct. 2 & 16)

Session II: Fridays, Jan. 15-March 19

(No Program Feb. 26 & March 12)

Session III: Fridays, May 7-June 25

Instructor: Sue White **Time:** 10:30-11:15 a m

Where: Stratham Municipal Center, Cafeteria

Ages: Ages 3 & 4 years

Cost: \$70 Residents & \$86 Non-Residents

Notes: Sue has been a part of the dance world for over 30 years. Her studies have included Ballet, Pointe, Jazz, Tap, Lyrical, Modern, Musical Theater, Hip Hop, Drama and Voice.

PAINT, PASTE & PLAY!

This is a 5-week hands-on arts and crafts class for the independent active child. Paints, paste, cut, glue... we'll do it all. Children will sings songs and listen to music while they create masterpieces.

PRE-REGISTRATION IS REQUIRED!

When: Session I: Mondays, Oct. 19-Nov. 16 Session II: Mondays, March 15-April 12

Time: 9:30-11:00 am
Ages: 3-5 years old

Cost: \$65 per session

Location: Stratham Municipal Center, Café.

Notes: Do not send participant in nice clothing, this is

a messy program. Please send a smock shirt.

OOEY-GOOEY ART

Finger-paint, clay and other "messy" stuff will be explored in this class! In this 5-week program learn how to make "Gak", play dough, "floam", and other sticky things! Create your own masterpieces!

PRE-REGISTRATION IS REQUIRED!

When: Session I: Tuesdays, Oct. 20-Nov. 17 Session II: Tuesdays, Jan. 12-Feb. 9

Time: 9:30—11:00 am **Ages:** 3-5 years old **Cost:** \$65 per session

Notes: Do not send participant in nice clothing, this is

a messy program. Please send a smock shirt.

CREATIVE MOVEMENTS

This class is designed to introduce dance to the young dancer. Focus will be on teaching children basic movement skills, class disciplines and building self-confidence. Basic ballet steps will be introduced to the younger dancer.

PRE-REGISTRATION IS REQUIRED!

When: Session I: Fridays, Jan. 15-March 19

(No Program Feb. 26 & March 12)

Session II: Fridays, May 7-June 25

Instructor: Sue White

Where: Stratham Municipal Center, Cafeteria

Ages: Ages 3 & 4 years

Time: 9:30-10:15 am

Cost: \$70 Residents & \$86 Non-Residents

Notes: Sue has been a part of the dance world for over 30 years. Her studies have included Ballet, Pointe, Jazz, Tap, Lyrical, Modern, Musical Theater, Hip Hop,

Drama and Voice.

YOUTH OUTDOOR PROGRAMS

SNOW SHOE EXPLORATION

Have you ever wondered what Stratham Hill Park is like in the winter? Come join the SRD Staff for a 4-week outdoor exploration program. Participants need to provide their own snowshoes and dress in layers of warm clothing. This is a fun way to enjoy the outdoors in winter and make some new friends in the process. So grab a friend & your snowshoes and met us at Stratham Hill Park!

PRE-REGISTRATION IS REQUIRED!

When: Mondays, March 1-29, No Program March 8

Location: Stratham Hill Park

Ages: Ages 9-19 **Time:** 3:30-5:00 pm

Cost: \$30

Notes: Please bring warm clothing, snowshoes, snack,

water, flashlight

FULL MOON EXPLORATION

Did you know that each Full Moon has a specific name? Full Moon names date back to Native Americans, the tribes kept track of the seasons by giving distinctive names to each recurring full Moon. The SRD Staff will guide participants on a moderate snowshoe hike focused on snow shoe skills and having a great time! Come breath the fresh winter air with the SRD.

PRE-REGISTRATION IS REQUIRED!

When: January 30, 2010—Full Wolf Moon Hike February 28, 2010—Full Snow Moon Hike March 29, 2010—Full Worm Moon

Times: 7:00-9:00 pm

Location: Stratham Hill Park **Ages:** 9 & up (including adults)

Cost: FREE

Notes: Please bring warm clothing, snowshoes,

snack, water, flashlight

FALL TEEN KICKBALL

Think your quick? This program is so much fun, you don't even know your are exercising! Fun and social program consisting of a 5 week season.

PRE-REGISTRATION IS REQUIRED!

When: Mondays, Sept. 14-Oct. 19,No Program Oct. 12 **Location:** Stratham Hill Park, upper baseball field

Ages: 12–18 years Time: 4:00-6:00 pm Cost: First Night is FREE

\$20 Residents/\$35 Non-Residents/\$5.00 drop in fee

Notes: Please dress appropriately & bring water!

EXPLORING STRATHAM HILL PARK FALL HIKING

Exploring Stratham Hill Park is a 5-week Youth Fall Hiking Series. Each week participants will begin at Stratham Hill Park, explore different areas of the park and learn about hiking etiquette. Hikers should wear hiking boot; bring water, a light snack, binoculars, and bug repellant.

PRE-REGISTRATION IS REQUIRED!

When: Session I: Wednesdays, Sept. 30-Nov. 4 No Program on Oct. 14

Time: 3:30-5:00 pm **Ages:** Ages 7-15 years

Cost: \$15

Location: Stratham Hill Park

COYOTE CLUB WILDERNESS PROGRAM

The Coyote Club is back by popular demand!! Coyote Club was developed by John Pazdon and Mary Mazur in 2007 as a way to introduce children to nature-based studies, native



crafts and environmental stewardship. It is believed that today's children are suffering from what some call 'nature deficit disorder', and the creation of Coyote Club was driven by a passion to rid children of this deficit by getting them out of the house, into the woods and connected to their environment. Children involved in nature-based education programs often experience a deeper sense of self respect, self esteem and a strengthening of their connection to the natural world. We believe each child has a gift, which is often revealed through wildlife observation, awareness exercises and primitive skills exploration.

PRE-REGISTRATION IS REQUIRED!

When: Session I: Thursdays, Sept. 17-Oct. 22 Session II: Thursdays, Nov. 5– Dec. 17 Session III: Thursdays, Jan. 7-Feb. 11 Session IV: Thursdays, March 4-April 8 Session V: Thursdays, April 22-May 27

Times: Sessions I, II, IV & V are from 3:30-5 pm Session III is from 3:30-4:30 pm due to DLST

Where: Stratham Hill Park, Rte 33 Parking Lot.

Ages: Grades K-5

Cost for 1.5 hrs: \$75 Residents/\$90 Non-Residents Cost for 1 hr: \$50 Residents/\$65 Non-Residents Notes: Minimum/Maximum of 16 participants.

Please dress appropriately.

YOUTH PROGRAMS

JR. JAM MULTI-SPORT

Play, play and play some more...the ultimate multi-sport program! Baseball, basketball, and soccer will be the core sports in which some skills will be emphasized. But that's not all. Other sports mixed in will include—flag football, volleyball, badminton, dodge ball, disc golf, ultimate Frisbee, kickball, whiffle ball and more. Unique games such as shark attack and safari will also be played.

PRE-REGISTRATION IS REQUIRED!

When: Session I: Tuesdays, Sept. 15-Oct. 27 Session II: Tuesdays, Nov. 3-Dec. 15 Session III: Tuesdays, March 16-April 20

Time: 3:30-5:00 pm

Location: Session I: Stratham Hill Park

Session II: Stratham Memorial School Session III: Stratham Memorial School

Ages: Ages 7-12 years **Cost:** \$40 per session

Notes: Please wear sneakers and comfortable clothing. Also, please bring snack & water bottle. **No program on October 13 or November 24.**



KIDDIE JAM MULTI-SPORT

Soccer will be a core sport played in which skills will be emphasized. Other sports include t-ball, basketball, balloon ball and kickball. Games and

other activities sprinkled include finding Nemo, sponge bob tag, shark attack, thunder relays, Kiddie Cat Olympics, and more. This is an exciting creative non-competitive positive sports experience your child will enjoy. Emphasis will be on basic skills, developing hand eye coordination, team work and FUN!

PRE-REGISTRATION IS REQUIRED!

When: Session I: Thursdays, Sept. 10-Oct. 29 Session II: Thursdays, Nov. 5-Dec. 17

Session III: Thursdays, March 18-April 22

Time: 3:30-5:00 pm

Location: Session I: Stratham Hill Park

Session II: Stratham Memorial School Session III: Stratham Memorial School

Ages: Ages 4-6 years **Cost:** \$40 per session

Notes: Please wear sneakers and comfortable clothing. Also, please bring snack & water bottle. **No program on October 15 or November 26.**

FRIDAY FALL MADNESS

If your kids are in grades 6-12, send them out to engage in group games & gym games or just to socialize. Tell your kids to come with their best behavior to socialize with youth from their community. This will be a monthly event & pre-registration is required.

PRE-REGISTRATION IS REQUIRED!

When: Friday, September 25

Friday, October 30.....bring your flashlights! Friday, November 13...bring your flashlights!

Time: 4:00-6:00 pm

Location: Stratham Hill Park

Ages: 6-16 years Cost: \$5.00 each day

Notes: Please bring a water bottle, flash light and

always wear sneakers!!

GYMNASTICS CLASS

This class will include matt exercises and floor techniques such as forward and backward rolls, donkey kicks/hand stands, cartwheels and round-offs, low/high balance beam activities, bar, as well as many exercises. We will also include strengthening and cardiovascular exercises.

PRE-REGISTRATION IS REQUIRED!

When: Session I Wednesdays, Sept. 23-Dec. 2

(No Program Oct. 14 & Nov. 11, 25)

Session II Wednesdays, Jan. 13-March 17 (No Program Feb. 24 & March 10)

Session III Wednesdays, May 5-June 23

Instructor: Heather Philo **Time:** 3:15-4:00 pm

Where: Stratham Municipal Center, Cafe

Ages: 4-8 years old

Cost for 6 wk program: \$81 Residents \$96 Non-Residents

HOW TO WATCH A GREAT PROGRAM DIE

Nothing kills a recreation program faster than those who wait until the last minute to register. There is a point when a program must be cancelled or modified if there is insufficient registration. All programs require a high level of coordination including staffing, facility, scheduling, purchasing supplies, volunteer recruitment & transportation, Please plan accordingly. Thank you.

ADULT PROGRAMS

PILATES CLASS

Pilates is an integrated approach to movement that uniformly develops the body. It is an exercise that focuses on the core of your body, abdominal muscles, lower back, thighs and buttocks, which is all referred to as your "Power House". Through teaching mental focus and body awareness, tension is released. Pilates conditioning targets the deep postural muscles, builds core strength, rebalances the body and improves alignment by helping you to be aware of your posture and to build a longer, leaner more flexible musculature.

Morning Classes for Beginners:

When: Tues, Thurs Sept. 15-Dec. 10, no class 9/25

Time: 8:45-9:45 am

Where: Stratham Fire Dept.

Ages: 18 & up

Notes: Class will be moved to Municipal Center on

9/22, 10/15, 11/12

Morning Classes for Intermediate/Advanced:

When: Mon, Wed, Fri

Session I: Sept. 14-Dec. 11, no class 9/25

Session II: Jan. 11-April 2 Session III: April 12-June 25

Time: 8:45-9:45 am

Where: Stratham Fire Dept.

Ages: 18 & up

Notes: Class will be moved to Municipal Center on

9/16, 9/23, 10/16, 10/23, 11/13

Evening Classes for Intermediate/Advanced:

When: Tues, Thurs

Session I: Sept 15-Dec. 10, no class 9/25 Session II: Jan. 12-April 8, No class 3/9, 3/11

Session III: April 13-June 24

Time: 6:15-7:15 pm

Where: Stratham Municipal Center

Ages: 18 & up

Notes: No Class on 9/17, 10/1

Instructor: Deb Tentindo, 778-2730 or

deb.tentindo@gmail.com

Cost for Fall 12 week session:

Beginners class: \$168

Days or Day Eve Combo (3-5 classes per wk) \$250

Evening only: \$168

OLD SCHOOL PE

Join the SRD for Old School PE. This 5-week non-competitive program is a great way for adults to stay in shape & have FUN at the same time. In Old School PE we will play old favorites: warm-ups and stretching followed by either kickball, whiffleball, tag games, doctors & soldiers & more. Come play the games we goofed around with in gym class or out on the playground at recess. The great thing is you're not being graded this time around!

PRE-REGISTRATION IS REQUIRED!

When: Wednesdays, Sept. 16-Oct. 28, No Program Oct. 14

Location: Stratham Hill Park

Ages: 20 years & up Time: 6:30-8:00 pm Cost: First night is FREE

\$25 Residents/\$40 Non-Residents/\$6.00 drop in fee

Notes: Please dress appropriately & bring water!

TIME FOR SOME KICKBALL!!!

Think your quick? Your favorite playground game during grade school is now being provided by the SRD. This program is so much fun, you won't even know your are exercising! You don't need a team for this 5-week fun and social program, all you need is to do is bring a friend or two! Lets plays some kickball!

PRE-REGISTRATION IS REQUIRED!

When: Thursdays, Sept. 17-Oct. 22, No Program Oct. 15 **Location:** Stratham Hill Park, upper baseball field

Ages: 18 years & older **Time:** 7:00 pm

Cost: First Night is FREE

\$25 Residents/\$40 Non-Residents/\$6.00 drop in fee

Notes: Please dress appropriately & bring water!

SILVER STRIDERS

Those feet were made for walking, and walking is what you'll do! Walking is an ideal exercise to maintain and/or enhance flexibility, mobility and fitness. Walking will be done at your own leisurely pace. The Silver Striders is calling all Seniors!

PRE-REGISTRATION IS REQUIRED!

When: Monday-Friday, Beginning September 14

Location: Stratham Hill Park **Ages:** 65 years & Older

Time: 9 am Cost: FREE

Notes: Please dress appropriately & bring water!

SPECIAL ACTIVITIES

ROCKTOBER FEST OCTOBER 25, 2009 10:00 AM-3:00 PM

Music, Costume Contest, Scarecrow
Building, Pumpkin Painting, Games, Food, Hay Rides
& much more!

Free Fun For All Ages!

Sponsored by the Stratham Recreation Department, Wiggin Memorial Library, Friends of the Library & The Friends of Stratham Hill Park

THE THIRD ANNUAL FIRE TOWER 5K RACE

<u>A UNIQUE CROSS COUNTRY EVENT FOR</u> <u>WALKERS AND RUNNERS ALIKE</u>

Applications available July 1, 2009

Contact: Jordan Aristotle Ambargis, 770-5614 or

firetower5k@yahoo.com

When: Sunday, October 18, 2009

Where: Stratham Hill Park

Time: 7:30 a.m Race Day Registration

8:30 a.m Fun Run

8:40 a.m Children's 1 mile Run

9:00 a.m 5K Race

Contact: Jordan Aristotle Ambargis, 770-5614

or firetower5k@yahoo.com

Ages: Fun Run: 7 years and less **

1 mile children's run: 8-12 years old

5K run: 13 +

Cost: 12 yrs & under– FREE

13-17 years-\$11.00 prior to Race Day

\$16.00 Race Day

18 yrs & older- \$15.00 prior to Race Day

\$20 Race Day

65 yrs & older– FREE

T-Shirts: Free to 13 years & older if registration is

postmarked by 10/03/09

12 years & younger and 65 years and older \$7.00 per shirt if registration is postmarked

by 10/03/09

Please make checks payable to the Stratham Recreation Department

LETTERS TO SANTA

Santa's Waiting for your Letters! The SRD is pleased to announce it's Letter's to Santa Program. Staff members will happily forward all resident children's mail to Santa Claus at the North Pole. Letter will only be written to children!

<u>Letter's must be received by:</u> Wed., December 2nd <u>Expect a Letter from Santa by:</u> Thurs., December 24

Please send to: Santa Claus, c/o Stratham Recreation Dept, 10 Bunker Hill Ave., Stratham, NH 03885

Return addresses must be legible. For families with more than one child, please send all letters at once to avoid duplicate responses.

For further information, please call the recreation department at 772-7450. Please remember that due to the volume of letters received, letters will be accepted from Stratham Town residents only.

VISIT FROM SANTA

The SRD invites you and your family to come and welcome Santa to Stratham! While waiting for Santa, you can decorate holiday cookies and create a holiday craft. With letter & non-perishable food item n hand join Santa for a candy cane and a 'Wish List' Conversation & your photo taken by mom or dad.

He'll be checking his list twice to see if you have been naughty or nice! We will have lots of cookies to decorate & crafts for you to enjoy while waiting your turn to visit with Jolly Ole St. Nick. Remember your cameras!!

When: Saturday, December 19, 2009

Time: 10 am– 2pm

Cost: FREE with Non-Perishable Food Item

Ages: Grades k-12

Notes: Non-Perishable Food Items will be donated to the Exeter Food Pantry. Please

remember your cameras.



STRATHAM TRAVELERS

"NEW ENGLAND PATRIOTS vs. NEW YORK JETS" BUS TRIP TO THE MEADOWLANDS SUNDAY, SEPTEMBER 20, 2009

PROGRAM

Join the Stratham Recreation Department & Jay Pince Tours on a bus trip to see the Tom Brady back on the field for the three-time New England Patriots in Week 2 as the Patriots take on rival New York Jets on Sept. 20th at the Meadowlands. Game time is 1 pm.

DATES & TIMES

The date selected is Sunday, September 20, 2009, 1 pm game time. The coach bus will be leaving the Portsmouth Herald, 111 New Hampshire Dr., Portsmouth at 6:00 am. We'll arrive at Meadowlands at approximately one hour prior to the game. After the game you'll depart the stadium and return to Portsmouth between 12:00 am - 12:30 am (Time subject to change due to game outcome).

COST

The cost of this trip includes reserved bleacher seats, coach transportation and driver gratuity.

Residents & Non-Residents \$199.00

HOW TO REGISTER

You can register at the Stratham Recreation Department, Stratham Municipal Offices, 10 Bunker Hill Ave. Payment is due at time of registration. Cash or Checks only!

"NEW ENGLAND PATRIOTS vs. BUFFALO BILLS" BUS TRIP TO THE BUFFALO, NY SATURDAY & SUNDAY, DECEMBER 19 & 20, 2009

PROGRAM

Join the Stratham Recreation Department & Jay Pince Tours on a bus trip to Buffalo to watch the threetime Super Bowl Champions take on the AFC East rival Buffalo Bills. Game is Sunday, December 20th. The group will stay one night at the Holiday Inn Grade Island, which is only 15 minutes from Rich Stadium

DATES & TIMES

The dates selected are Saturday & Sunday, December 19 & 20, 2009. The coach bus will be leaving the Portsmouth Herald, 111 New Hampshire Dr., Portsmouth at 7:00 am. We will stop mid morning for coffee and for lunch in Albany NY. We'll arrive at our hotel, the Grand Island Holiday Inn Resort by late-afternoon, early evening. Participants will have free time on Saturday after arrival. At 10 am on Sunday, we will take the coach bus to Rich Stadium. We will depart for Portsmouth immediately after the end of the game. We will return to Portsmouth very early Monday morning. There are nice hotel amenities, sports bar on site & the Niagara Falls Casino is just a short cab ride away.

COST

The cost of this trip includes reserved seats in section 337, hotel accommodations, coach transportation and driver gratuity. \$229.00 PP Double/ \$219.00 PP Triple/ \$199.00 PP Quad

GIVE THE GIFT OF TOM BRADY & NEW ENGLAND PATRIOTS FOR CHISTMAS!!

STRATHAM TRAVELERS

"NEW YORK CITY SHOPPING TRIP" SATURDAY, DECEMBER 6, 2009

PROGRAM

Join the **Stratham Recreation Department & Wiggin Memorial Library** on a bus trip to NEW YORK CITY, where you will enjoy a full day of **HOLIDAY SHOPPING** and **SITE SEEING!** See the Rockefeller Center Christmas or head to 5th Avenue for a great day of shopping! Whether you want to site see or shop upscale Madison Avenue or the bargain-friendly Lower East Side, New York City, or the "Big Apple", offers everything for everybody! This trip is a self guided program, but we will provide you with all the information & maps you will need prior to the trip.

DATES & TIMES

The date selected is Saturday, December 6th. The coach bus will be leaving the Stratham Municipal Center, parking lot at 5:30 am. Transportation will be provided by a professional tour bus company. We'll arrive in NYC at approximately11:30 am, which allows you plenty of time to shop & site see. After a long day, we will depart NYC at 8 pm and return to Stratham between 1-2 am (Time subject to change due to traffic). The bus may make 2 stops for your convenience: (1) On the way to NYC for coffee and (1) On the return trip, please make sure to grab a bite to eat before you leave NYC.

COST

The cost of this trip includes coach transportation.

A gratuity envelop will be passed around the bus on the way home

Residents & Non-Residents \$45.00

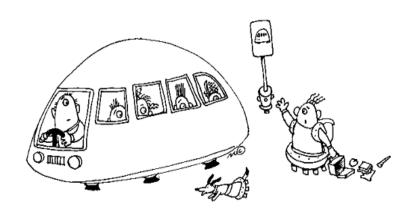
REGISTRATION DEADLINE

The deadline to register for this trip is November 26 or once the trip is filled. We need a minimum number of 40 people registered. Maximum 53 people.

Don't miss out!

LOOK FOR THESE UP COMING TRIPS

November 20.....Celtics vs. Orlando.....\$95 January 22.....Celtics vs. Portland....\$99 February 27....Celtics vs. NJ.....\$99 March 26....Celtics vs. SAC...\$89



Stratham Recreation Department

Winter Bingo

Walk The Dog	Have a Snowball Fight	Build A Snowman	Snowshoeing	Go Ice Skating	
Sledding Or Tubing	Go Down-Hill Skiing	Go Cross Country Skiing	In School PE Activity	Go For a Hike	
Snowmobiling	Ice Fishing	FREE SPACE	Shoveling	Attend a EHS Basketball Game	
Scrape Your Parent's Windshield	Take a Friend Outside to Play	Play Outside in the Snow	Orienteering	Build a Snow Structure	
Animal Tracking	Attend a Community Event	Go for a Walk Outside	Walk through Stratham Hill Park	Catch a Snowflake On Your Tongue	